



The Home & School Connection

a newsletter from your School Psychologist and Counselor

March 2020

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COMMUNITY RESOURCES/EVENTS

March 6th & March 13th YOUTH MHFA, 580 W 5th St, 12:30pm -4:30pm. Register at:
<https://www.evensi.us/amp/youth-mhfa-reno-6-038-13-2020-5th-st-580/361339668>)

- The course is designed for adults whom regularly interact with adolescents. Participants learn a core five-step action plan to support an adolescent developing signs and symptoms of mental illness or in an emotional crisis: Assess for risk of suicide or harm Listen nonjudgmentally Give reassurance and information Encourage appropriate professional help Encourage self-help and other support strategies

March 12th: A Matter of Inches-A Talk by C. Malarchuk: NHL Goalie & Mental Health Advocate, Lake Tahoe School , 6pm -7:30pm, (FREE), register at:
<https://www.eventbrite.com/e/a-matter-of-inches-a-talk-by-cmalarchuknhl-goalie-mental-health-advocate-tickets-94850758171>)

- An open discussion on how to help those we love, especially our teens, deal with anxiety, depression and the epidemic of suicide attempts.

March 11th: (NAMI) Family Support Group, Tahoe Forest Hospital, 6pm- 8pm . (FREE):
<https://chamber.truckee.com/events/details/nami-support-group-03-11-2020-35384>)

- This group is intended to support family members who have a loved one impacted with a mental illness. FREE and confidential. All are welcome. Facilitated by Lori Malone

TIPS & TRICKS: Self -Management Strategies.

Self-management refers to one's ability to regulate emotions, thoughts, and behaviors to meet the requirements of a given situation. The recommendations below focus on behavioral self-management strategies. They may be used individually at school or home to increase students' independence and self-reliance.

Self-Instruction: One simple strategy that can be taught to students is self-instruction, or self-talk. With self-instruction, students are taught to say the steps that they need to take to do a task. This makes the student responsible for providing instructions rather than having to rely on an adult.

Self-Monitoring: Many people believe that we can change our behavior by simply paying closer attention to what we are doing. Self-monitoring therefore involves observing and recording one's own behavior.

Self-Evaluation: Self-evaluation involves comparing self-ratings of behavior to some criterion

CONSCIOUS DISCIPLINE TOOL: Power of Love

Most of us are unaware of how much time we spend trying to figure out others' motives, essentially what they are "really up to". Whether we are right or not, we will treat the person as if we know his/her motivation. Rather than accepting the moment as is, we spend enormous amounts of time and energy trying to determine others' motivations in effort to plan a response that protects us from possible attack, humiliation, appearing ungrateful etc.

Our judgements are based on filters from our past, not the present moment or the person's actual intentions. The Power of Love encourages us to see past our filters and the falseness of our judgements, come to the present moment and choose to see the BEST in others versus the negative.

SUGGESTIONS

Looking for us to address a particular topic? Please place a note with your suggestion in the folder on our bulletin board.

See you in April!

Coraline Dubois & Lauren Mattingly